

# HEALTHY BRAIN AGING LECTURE SERIES

Join us for the Healthy Brain Aging Lecture Series, designed to engage and educate the community on topics related to maintaining a healthy brain as we age

## SAVE THE DATE

May 2, 2024 | September 5, 2024  
June 6, 2024 | October 3, 2024

Experts will share their knowledge and strategies to promote brain health. Learn about the latest research, lifestyle choices, and techniques that can support cognitive function and overall well-being.

**REGISTER NOW**



**6-7:30 p.m.**



**2570 48th St,  
1000 Betty Irene Moore Hall,  
Sacramento, CA 95817**



**Ms. Angela  
Taylor**



**David Johnson, Ph.D.**



**Mr. Chuck  
Bergoff**



**Charles DeCarli, M.D.**



**Rachel Whitmer, Ph.D.**

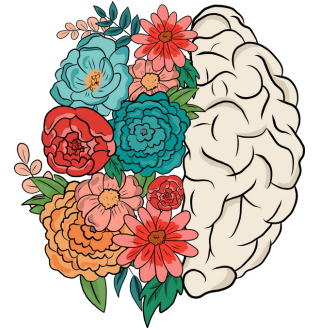


call us for more information  
**916-734-5382**



**SUSAN & CHARLES  
BERGHOFF foundation**  
We envision a dementia-free world™

# HEALTHY BRAIN AGING LECTURE SERIES: LEWY BODY DEMENTIA AWARENESS AND ADVANCEMENTS



Vice President of the Lewy Body Dementia Association, Angela Taylor, and Co-Founder and Chairman of the Susan and Charles Berghoff Foundation, Chuck Berghoff, will discuss Lewy body dementia awareness and recent advancements. Join us as we delve into the complexities of this challenging condition, explore the latest breakthroughs in research and treatment options, and find hope and understanding for those affected.

## THURSDAY



**MAY 2, 2024**



**6-7:30 p.m.**



**2570 48th St,  
1000 Betty Irene Moore Hall,  
Sacramento, CA 95817**



**Angela Taylor**

Vice President, Strategic  
Partnerships, Lewy Body Dementia  
Association



**Chuck Berghoff**

Co-Founder and Chairman of the  
Susan and Charles Berghoff  
Foundation

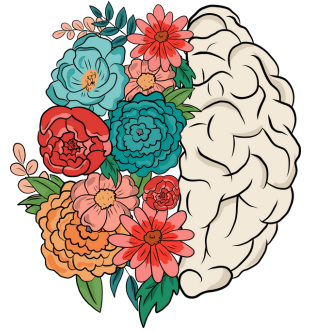
**REGISTER NOW**



**SUSAN & CHARLES  
BERGHOFF foundation**

We envision a dementia-free world™

# HEALTHY BRAIN AGING LECTURE SERIES: LEADING THE GOOD LIFE, CALIFORNIA'S NEW STANDARD OF CARE OR HEALTHY AGING



David Johnson, Ph.D., will unravel the intricate mechanisms behind healthy brain aging, showcasing how lifestyle choices such as diet, exercise, and social support can foster resilience against many of the chronic diseases that plague late life.

## THURSDAY



**JUNE 6, 2024**



**6-7:30 p.m.**



**2570 48th St,  
1000 Betty Irene Moore Hall,  
Sacramento, CA 95817**

**REGISTER NOW**



**David Johnson, Ph.D.**

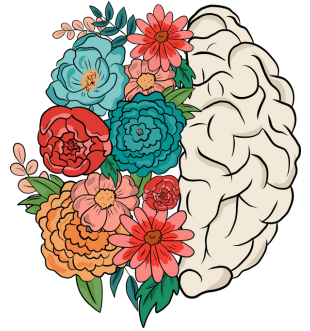
Director, UC Davis Alzheimer's  
Disease Center-East Bay



SUSAN & CHARLES  
BERGHOFF foundation

We envision a dementia-free world™

# HEALTHY BRAIN AGING LECTURE SERIES: HEALTHY BRAIN AGING



Charles DeCarli M.D., will discuss changes to the brain as we age and in the presence of common, treatable medical illnesses. By the end of the talk, you will be provided with actionable insights to optimize your brain health and enhance your quality of life.

## THURSDAY



**SEPTEMBER 5, 2024**



**6-7:30 p.m.**



**2570 48th St,  
1000 Betty Irene Moore Hall,  
Sacramento, CA 95817**

**REGISTER NOW**



**Charles DeCarli, M.D.**

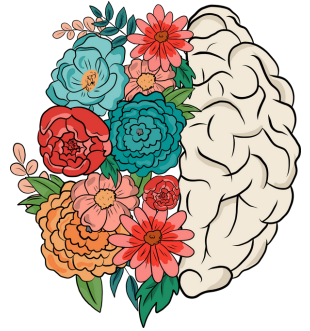
Director, UC Davis Alzheimer's Disease  
Research Center-Sacramento



SUSAN & CHARLES  
BERGHOFF foundation

We envision a dementia-free world™

# HEALTHY BRAIN AGING LECTURE SERIES: US POINTER STUDY



Rachel Whitmer, Ph.D., will discuss the US POINTER study sponsored by the NIH and the Alzheimer's Association. She will review how targeted exercise and dietary interventions empower older adults to be proactive in managing their risk for Alzheimer's disease and other types of dementia.

## THURSDAY



**OCTOBER 3, 2024**



**6-7:30 p.m.**



**2570 48th St,  
1000 Betty Irene Moore Hall,  
Sacramento, CA 95817**



**REGISTER NOW**

**Rachel Whitmer, Ph.D.**

Associate Director, UC Davis  
Alzheimer's Disease Center



SUSAN & CHARLES  
BERGHOFF foundation

We envision a dementia-free world™